

# Seven Day Meal Planning with the ShopRite Circular

Created by: **ERRHN Nutritionist—Brittany Reitano**

Ellenville Hospital's Rural Health Network would like to present you with a packet of healthy meal recipes for every family. When creating these meals we need to keep in mind our budget, which is why we use the ShopRite circular to help make meal prepping easier and cheaper!

## This Week's Meals:

Monday	Italian sausage stuffed Zucchini
Tuesday	Lemon & yogurt chicken flatbreads
Wednesday	Chickpea & veggie Burger and Sweet fries
Thursday	Spring Vegetable Soba Noodle Bowl
Friday	Blackened Fish Taco Bowls
Saturday	Spring Vegetable Soup
Sunday	Pesto Chicken with Veggies

The meals included were created around the main items listed in the sale flyer.

Please keep in mind that not all items listed in the recipes will be on sale.

Those included in the circular will have a \* next to them.

We have included some estimated prices based on the circular, but these are subject to change. Ellenville Regional Hospital has no control over the price of products.



# Shopping List

These are the ingredients you will need for this weeks menu. Make sure to check of the ingredients you already have at home so you don't buy them again! All of the prices listed are **estimations** based on the weekly circular that are subject to change. We include them to help you calculate an estimated cost to help you budget.

**Ellenville Regional Rural Health Network has no control over product pricing.**

<b>Dairy</b>	<b>Estimated Cost</b>
<input type="checkbox"/> Greek Yogurt *Chobani*	\$5.49/ea.
<input type="checkbox"/> Sour cream *Bowl & Basket*	\$1.99/ea.
<input type="checkbox"/> Parmesan Cheese– Shaved *Colonna*	\$1.99/ea.
<input type="checkbox"/> Cream—half and half *Bowl & basket*	\$3.19/ea.
<input type="checkbox"/> Shredded Mozzarella cheese *Bowl and Basket*	\$1.99/ea.
<b>Produce</b>	<b>Estimated Cost</b>
<input type="checkbox"/> Red bell pepper (3) - for three recipes **	\$3.99/lb.
<input type="checkbox"/> Iceberg lettuce (1)	\$1.49/head
<input type="checkbox"/> Lemon (1)	\$.60/ea.
<input type="checkbox"/> Red onion(2)	\$1.69/lb.
<input type="checkbox"/> Romain lettuce (1)	\$1.99/ea.
<input type="checkbox"/> Tomato (1) on vine	\$1.79/lb.
<input type="checkbox"/> Garlic (1)	\$1.00/ea.
<input type="checkbox"/> Ginger (1)	\$1.50/ea.
<input type="checkbox"/> Baby spinach (1 bag) * Fresh Attitude*	\$2.49/bag
<input type="checkbox"/> Red cabbage (1)	\$1.29/lb.
<input type="checkbox"/> Carrots (2 bunch) - for two recipes	\$0.99/bag
<input type="checkbox"/> Cucumber (1)	\$0.89/ea.
<input type="checkbox"/> Green onions ( 1 bunch– optional)	\$0.99/bunch
<input type="checkbox"/> Avocado (1)	4 for \$5
<input type="checkbox"/> Jalapeno (1– optional)	\$0.50/ea.
<input type="checkbox"/> Leek (1)	\$4.49/bunch
<input type="checkbox"/> Red potatoes (1 lb.)	\$4.99/5 lb. bag
<input type="checkbox"/> Asparagus (1 bunch)	\$3.99/bunch
<input type="checkbox"/> Zucchini (7) - need for two recipes	\$0.84/ea.
<input type="checkbox"/> Grape tomatoes (1 pkg.)	\$2.49/pint

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<b>Frozen</b>	Estimated Cost
<input type="checkbox"/> Frozen corn kernels *ShopRite*	\$1.49/ea.
<input type="checkbox"/> Frozen green peas *Birds eye*	\$1.25/ea.
<b>Canned/ Jar Items</b>	Estimated Cost
<input type="checkbox"/> Garbanzo beans (2– 15.5oz) *ShopRite*	\$0.80/ea.
<input type="checkbox"/> Black beans (1– 10oz ) *ShopRite*	\$0.80/ea.
<input type="checkbox"/> Cannellini beans (1-15oz) *ShopRite*	\$0.80/ea.
<input type="checkbox"/> Basil Pesto (1 –2 jars) * Barilla*	\$3.69/jar
<b>Pasta &amp; Rice</b>	Estimated Cost
<input type="checkbox"/> Soba noodles (12 oz) *KaMe*	\$2.99/ea.
<input type="checkbox"/>	
<b>Breads &amp; Bread Crumbs</b>	Estimated Cost
<input type="checkbox"/> Panko Bread crumbs *Kikkoman*	\$2.69/ea.
<input type="checkbox"/> Flat breads (4) *Toufayan*	\$3.99/ea.
<input type="checkbox"/> Whole wheat bread crumbs * Kikkoman*	\$2.69/ea.
<input type="checkbox"/> Whole wheat pitas (4-6) *Toufayan	\$3.99/ea.
<b>Nuts &amp; Nut Spreads</b>	Estimated Cost
<input type="checkbox"/>	
<input type="checkbox"/> Sesame seeds (optional) *Bowl and Basket *	\$1.39/ea.
<b>Meat/Fish</b>	Estimated Cost
<input type="checkbox"/> Italian turkey sausage (1 lb.) *Shady Brook Farms*	\$5.99/pkg.
<input type="checkbox"/> Skinless, boneless chicken breast (2) *Tyson*	\$3.49/lb.
<input type="checkbox"/> Tilapia (4-6 fillets) *Fresh ShopRite*	\$8.99/lb.
<input type="checkbox"/> Chicken breast cutlets (1.5 lbs.) *perdue*	\$7.99/lb.

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## Other Stuff

<input type="checkbox"/>	Tahini sauce *Krinos*	\$7.19/ea.
<input type="checkbox"/>	Reduced sodium soy sauce *la choy*	\$1.99/ea.
<input type="checkbox"/>	Vegetable broth *Bowl and Basket*	\$1.59/ea.
<input type="checkbox"/>	Peanut butter *Bowl & Basket*	\$1.49/ea.
<input type="checkbox"/>	Honey *Bowl and Basket*	\$3.99/ea.
<input type="checkbox"/>	Chicken broth (40oz.) * College Inn*	\$0.99/ea.

## Spices, Sauces, & Condiments

Estimated Cost

<input type="checkbox"/>	Oregano *Badia*	\$2.79/ea.
<input type="checkbox"/>	Basil *Badia*	\$2.99/bunch
<input type="checkbox"/>	Coriander *Wholesome Pantry*	\$2.49/ea.
<input type="checkbox"/>	Parsley *McCormick*	\$2.99/ea.
<input type="checkbox"/>	Siracha * Kikkoman*	\$3.79/ea.
<input type="checkbox"/>		

## Spices, Condiments, & Pantry Items you might already have:

<input type="checkbox"/>	Sea Salt Or Kosher	\$1.99
<input type="checkbox"/>	Extra Virgin Olive Oil	\$6.99
<input type="checkbox"/>	Paprika	\$1.99
<input type="checkbox"/>	Lemon/ Lime Juice	\$1.49
<input type="checkbox"/>	Chili Powder	\$2.29
<input type="checkbox"/>	Cayenne Pepper	\$1.49
<input type="checkbox"/>	Ground Cumin	\$1.99
<input type="checkbox"/>	Crushed red pepper	\$0.69
<input type="checkbox"/>	Onion Powder *	\$1.79
<input type="checkbox"/>	Garlic Powder	\$2.99

## Monday: Italian stuffed Sausage

### Ingredients:

- 6 medium zucchini (about 8 ounces each)
- 1 pound Italian turkey sausage links, casings removed
- 2 medium tomatoes, seeded and chopped
- 1 cup panko bread crumbs
- 1/3 cup grated Parmesan cheese
- 1/3 cup minced fresh parsley
- 2 tablespoons minced fresh oregano or 2 teaspoons dried oregano
- 2 tablespoons minced fresh basil or 2 teaspoons dried basil
- 1/4 teaspoon pepper
- 3/4 cup shredded part-skim mozzarella cheese
- Additional minced fresh parsley, optional

### Directions:

1. Preheat oven to 350°. Cut each zucchini lengthwise in half. Scoop out pulp, leaving a 1/4-in. shell; chop pulp. Place zucchini shells in a large microwave-safe dish. In batches, microwave, covered, on high 2-3 minutes or until crisp-tender.
2. In a large skillet, cook sausage and zucchini pulp over medium heat 6-8 minutes or until sausage is no longer pink, breaking sausage into crumbles; drain. Stir in tomatoes, bread crumbs, Parmesan cheese, herbs and pepper. Spoon into zucchini shells.
3. Place in 2 ungreased 13x9-in. baking dishes. Bake, covered, 15-20 minutes or until zucchini is tender. Sprinkle with mozzarella cheese. Bake, uncovered, 5-8 minutes longer or until cheese is melted. If desired, sprinkle with additional minced parsley.

<https://www.tasteofhome.com/recipes/italian-sausage-stuffed-zucchini/>

**2 stuffed zucchini halves: 206 calories**



# Tuesday: Lemon & Yogurt Chicken Flatbreads

## Ingredients

- 2 skinless chicken breasts , cut into strips
- 1 lemon
- 1 tsp dried oregano (optional)
- 1 garlic clove , crushed
- pinch of cinnamon
- 1 tbsp olive oil
- 4 flatbreads
- 4 tbsp Greek yogurt
- ¼ red pepper , finely chopped
- 1 Little Gem lettuce , finely chopped

## Directions:

1. Put the chicken in a bowl. Pare strips of zest from the lemon using a vegetable peeler, then juice the lemon too. Add the peel and half the juice to the chicken, along with the oregano (if using), garlic, cinnamon and oil. Mix well, cover and chill for an hour. The lemon juice will start to 'cook' the chicken, so don't leave for longer.
2. Heat the barbecue. If you are using coals, wait until they turn white. If you are indoors, heat a griddle pan. Thread the chicken strips onto a couple of metal skewers to stop them falling through the grate (you don't need to do this for the griddle), then grill for a couple of mins each side. The strips will cook through quickly so don't leave them too long. Season if you like.
3. Warm the flatbreads on the edge of the barbecue (or on the griddle) for a minute, then transfer them to plates and spread each with ½ tbsp yogurt. Divide the chicken strips between them, then dot on the remaining yogurt and sprinkle over the pepper and lettuce. Fold or roll the flatbreads to eat.

<https://www.bbcgoodfood.com/recipes/lemon-yogurt-chicken-flatbreads>

**Serving: one flatbread with chicken**

**Calories: 364 kcal.**



# Wednesday: Chickpea Veggie Burger with Sweet Fries

## Ingredients:

(Makes 4 servings):

For the tahini sauce:

- 1 cup hot water
- 1/4 cup tahini (sesame-seed paste)
- 3 Tbsp fresh lemon juice
- Dash of salt
- 2 garlic cloves, minced

For the chickpea burgers:

- 1 (15.5oz) can of chickpeas (garbanzo beans), drained and rinsed
- 1/2 cup chopped red onion
- 1/2 cup chopped fresh parsley
- 1 Tbsp fresh lemon juice
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp salt
- 2 garlic cloves, minced
- 1/4 cup dry breadcrumbs, divided

Finishing touches:

- 4 mini whole-wheat pitas
- Chopped romaine lettuce
- 1 tomato, sliced
- 1/2 cup sliced red onion

## Directions:

1. To prepare sauce, combine all sauce ingredients into a bowl and beat until smooth. To prepare the patties, combine all of the patty ingredients except for the breadcrumbs in a food processor and mix until smooth, scraping the sides of the bowl as needed. Transfer that bean mixture into a large bowl; stir in 1/4 cup breadcrumbs. Divide the bean mixture into four equal portions, shaping each into a patty. Place remaining 1/4 cup breadcrumbs in a shallow dish. Dredge patties in breadcrumbs. Heat 2 teaspoons vegan margarine in a large nonstick skillet over medium-high heat. Add patties to pan; cook 3 minutes on each side or until browned.
2. Lightly toast the pitas. Fill each pita with lettuce, tomato, onion, and a patty. Drizzle with tahini sauce (or serve sauce on side to dip.)
3. To prepare sweet potato fries, heat broiler, thinly slice one small sweet potato per person (so four for four servings) into chip like pieces, lay flat on a cookie sheet, lightly salt, and then broil 3 minutes on each side or until lightly crisped. Serve the sweet potato fries along with the burger and enjoy!

<https://heidiyoga.com/recipes/chickpea-veggie-burger-sweet-potato-fries-with-tahini-sauce>



## Thursday: Spring Vegetable Soba Noodle Bowl

### Ingredients:

- 12 ounces soba noodles
- 6 tablespoons reduced sodium soy sauce, divided
- 2 tablespoons lime juice, plus lime wedges for serving (2 limes)
- 2 tablespoons toasted sesame oil
- 2 cups vegetable broth
- ⅓ cup peanut butter
- 2 tablespoons pure maple syrup or honey
- 1 tablespoon all-purpose flour
- 1 2 inch piece fresh ginger, grated
- 4 cloves garlic, minced
- 8 cups baby spinach leaves, loosely packed
- ¼ head red cabbage, thinly sliced
- 4 small carrots, julienned
- 1 cucumber, julienned
- 4 green onions, thinly sliced
- 3 radishes, thinly sliced
- Sesame seeds
- Sriracha

### Directions:

1. Cook noodles according to package instructions. Drain, rinse with cool water and drain again in a colander. Set aside.
2. Meanwhile, in a small bowl, combine 4 tablespoons soy sauce, the lime juice and toasted sesame oil; set aside.
3. In an extra-large skillet or Dutch oven, combine broth, peanut butter, maple syrup, flour, ginger, garlic and the remaining 2 tablespoons soy sauce. Whisk until mostly smooth. (Mixture will be thin.) Bring to a simmer over medium heat. Simmer 2 minutes or until sauce thickens. Lower heat; stir in spinach to wilt. Remove from heat. Stir in noodles and the soy-lime juice mixture.
4. Arrange noodles, cabbage, carrots, cucumber, green onions and radishes in 4 shallow bowls or plates. Sprinkle with sesame seeds. Serve with lime wedges and Sriracha.

<https://www.midwestliving.com/recipe/rainbow-soba-noodle-bowls/>

**Per Serving: 1 bowl / 636 calories**





## Friday: Blackened Fish Taco Bowls

### Ingredients:

#### AVOCADO CREMA

- 1 avocado pitted and roughly chopped
- 1 cup sour cream
- 1/4 cup fresh cilantro
- zest of 1 lime
- Juice of half a lime
- pinch of kosher salt and black pepper

#### BLACKENED FISH

- 1 Tbsp chili powder
- 1 Tbsp cumin
- 1/2 tsp cayenne pepper or less, to taste
- 1/2 tsp smoked paprika
- 1/4 tsp onion powder
- 1/8 tsp dried oregano
- 1/2 -1 tsp kosher salt more or less, to taste
- 1/2 tsp black pepper
- Zest of 1 lime
- 4-6 tilapia filets or other white fish filet of your choice
- 3 cloves garlic minced
- drizzle of vegetable oil

#### CORN SALSA

- 1 cup corn kernels if using frozen - thaw them
- 2/3 cup red onion diced
- 1 jalapeno seeded and finely diced
- 10 oz can black beans drained and rinsed

### Directions:

#### CREMA:

1. Combine all crema ingredients in a food processor and pulse until smooth and creamy.

#### FISH:

1. Combine seasonings (chili powder, cumin, cayenne, paprika, onion powder, oregano) in a small dish, then rub seasoning mix into the fish filets.
2. Heat a large skillet over MED HIGH heat with a drizzle of vegetable oil. Add minced garlic and sauté for about 20 seconds. Then add 2 tilapia filets.
3. Once you add the filets, don't move them, let them really sear. Cook for 2-3 minutes, then carefully flip over and cook another 2 minutes or so.
4. Fish should be cooked until opaque, white and flaky throughout. Remove filets to a plate, sprinkle with half the lime zest and repeat with remaining filets.

#### CORN SALSA:

1. Add another drizzle of vegetable oil to the same skillet, still over MED HIGH heat. Add corn, red onion and jalapeno to the skillet.
2. Cook for 1-2 minutes without stirring, really letting them sear. After 1-2 minutes, stir and cook another couple of minutes until they're tender and caramelized.
3. Add black beans and cook another minute.

#### ASSEMBLE:

Add rice (if using any) to a bowl, then top with some of the corn salsa, pieces of blackened fish, a drizzle of avocado crema, and any additional toppings you'd like.

<https://www.thechunkychef.com/blackened-tilapia-taco-bowls/>

**Serving: 1 serving / 225 kcal.**



## Saturday: Spring Vegetable Soup

### Ingredients:

- 2 tablespoons olive oil
- 2 medium carrots, diced (about 1 cup)
- 1 large leek, trimmed and diced (about 2 cups)
- 1 celery stalk, diced (about 2/3 cup)
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 garlic cloves, minced
- 5 cups unsalted chicken stock
- 1 pound very small red potatoes, quartered
- 1 cup frozen green peas
- 1 cup (1 1/2-inch) slices asparagus
- 1 (15-ounce) can unsalted cannellini beans, rinsed and drained
- 2 cups fresh baby spinach
- 1 teaspoon fresh thyme
- 1/4 cup torn fresh basil
- 1/2 ounce Parmesan cheese, shaved

### Directions:

1. Heat a large saucepan over medium heat. Add oil; swirl to coat. Add carrots, leek, and celery; cook 5 minutes, stirring occasionally. Add salt, pepper, and garlic; cook 1 minute, stirring frequently. Add stock; bring to a simmer over medium-high heat. Add potatoes; reduce heat to medium, and simmer 8 minutes or until potatoes start to soften.
2. Add peas, asparagus, and beans; simmer 4 minutes or until vegetables are crisp-tender. Add spinach, thyme, and basil; cook 1 minute. Ladle soup into bowls; top evenly with cheese.

<https://www.myrecipes.com/recipe/spring-vegetable-soup-0>

**Servings: 1 serving/ 340 kcal.**



# Sunday: Pesto Chicken with Veggies

## Ingredients:

- 1.5 lb chicken breast cutlets
- Salt and Pepper
- Extra virgin olive oil
- 1 zucchini cut into half moons
- 1 red bell pepper cored and cut into strips
- ½ red onion sliced
- 1 cup about 5 oz grape tomatoes
- ⅓ cup basil pesto (homemade or store-bought)
- ⅓ cup cream
- Juice of ½ lemon
- Zest of 1 lemon
- Toasted pine nuts for garnish optional
- Fresh basil for garnish optional

## Directions:

1. Pat chicken breast cutlets dry and season with salt and pepper on both sides. (Boneless skinless chicken breasts can be used, simply cut them in half horizontally so that you have thinner pieces. Watch the video to see how I do this).
2. In large cast iron skillet, heat a little bit of extra virgin olive oil (about 2 tbsp) until shimmering but not smoking in a cast iron skillet. Add chicken to the heated skillet and cook over medium-high heat for 2 to 3 minutes on each side, turning over once. Remove from the skillet and set aside for now.
3. If needed, add a little bit more extra virgin olive oil to the skillet. Add zucchini, bell peppers, onion, and grape tomatoes. Season with kosher salt and black pepper. Cook for 6 to 7 minutes or so, tossing occasionally, until the veggies have softened.
4. In a small bowl or glass measuring cup, mix together the basil pesto and cream.
5. Add the chicken back to the skillet. Pour the pesto and cream mixture in. Reduce the heat to medium-low and cook for a minute or so.
6. Remove the skillet from the heat, add lemon juice and lemon zest. Add pine nuts and fresh basil for garnish. Serve hot with your favorite grain or plain orzo pasta.

<https://www.themediterraneanandish.com/pesto-chicken-recipe/>

**Servings: 1 serving/ 245.8 kcal**

